

FEBRUARY SOCIAL MEDIA POSTS

Holidays/Celebrations

A snack that's bittersweet -- Toast out the tartness of grapefruit by broiling it for National Grapefruit Month! Here's how: <http://ow.ly/sZDJY>

Burn, baby burn! Can eating grapefruit help you lose weight? Find out! <http://ow.ly/682O3089YAu>
#NationalGrapefruitMonth

It's all in the CAN! Learn the benefits of canned produce for National Canned Food Month:
<http://ow.ly/QjX73089XGY>

@Fruits_Veggies shares their TOP TEN ways to enjoy canned food for National Canned Food Month:
<http://ow.ly/qVFi308a10h>

For National Cherry Month, @Fruits_Veggies shares their TOP TEN ways to fill your cheeks with cherries --> <http://ow.ly/Xqcjk>

We're jumping for joy for National Cherry Month! Learn how to dry, can, and freeze cherries:
<http://ow.ly/ZiVy308a26f>

Get your hearts pumping with the good stuff! For American Heart Month, fill your plate with fruits and veggies! Check out @Fruits_Veggies FV database: <http://ow.ly/2J3D308abZi>

Become heart healthy in 5 simple steps! @Fruits_Veggies mom blogger shares how for American Heart Month: <http://ow.ly/4R8d308abCg>

Beat that snack attack! For National Snack Month, reach for the best with @Fruits_Veggies snack recipe database: <http://ow.ly/sZIKf>

Grab a delicious fruit or veggie to satisfy your mid-meal cravings for National Snack Month! Remember all forms count! Here's what's in-season: <http://ow.ly/7LeQ308aw80>

@Fruits_Veggies helps you pick the perfect potato for National Potato Lovers Month --> <http://ow.ly/C5zF308afqK>

Calling all potato lovers -- this is for you! @Fruits_Veggies shares over 100 potato recipes for National Potato Lovers Month: <http://ow.ly/e90m308ad1K>

Hot breakfast coming right up! Take a look at the menu --> <http://ow.ly/PqVT308axO3>
#NationalHotBreakfastMonth

Nothing starts a day better than a hot, healthy breakfast! Check out these produce-packed ideas for National Hot Breakfast Month: <http://ow.ly/E27H308axij>

February is National Sweet Potato Month! Sweet potatoes are good sources of fiber, potassium & vitamins A & C! Find out more: <http://ow.ly/dYRXt>

There are many ways to enjoy a super stuffed sweet potatoes! Try these tasty ideas from @Fruits_Veggies: <http://ow.ly/yP5i308ayCO> #NationalSweetPotatoMonth

Recipes

This Quinoa Salad w/Roasted Red Grapefruit and Artichokes from our pals @Fruits_Veggies is simply amazing! <http://ow.ly/PtGJ308azyS>

This One-Dish Roasted Potatoes and Apples w/Chicken Sausage is perfect for a cold, winter evening: <http://ow.ly/RwEX308aAhW>

Sweet Cherry & Couscous Salad: <http://ow.ly/XR4k308aBeh>

A delicious stew makes everything better! Try this Sweet Potato & Black Bean Stew from our pals @Fruits_Veggies: <http://ow.ly/ThU7308aDlz>

Enjoy a delicious dinner for 2 right in the comfort of your home! Make your valentine Mozzarella Basil Chicken w/Roasted Grape Tomatoes: <http://ow.ly/kvpQ308aGw2>

Take your taste buds to the SWEETER side! Try this Brown Rice Pilaf w/Cherries & Pine Nuts: <http://ow.ly/XDFMv>

General

Help us help you...donate! Learn more --> <http://ow.ly/q2ua3089PSC>

Eating on the go is as easy as 1, 2, 3! Check out these tips & ideas from our pals @Fruits_Veggies --> <http://ow.ly/OKYy3089UCL>

Enjoy parsnips all year-round! Watch chef Andrew Dole, RD in the kitchen as he whips up Roasted Parsnip Fries! <http://ow.ly/OvnB3089VNi>

Be prepared for ANYTHING! @Fruits_Veggies has got you covered with their well-stocked pantry list --> <http://ow.ly/J9SV3073xxt>

Healthy weight. Healthy skin. Eating fruits and veggies helps with weight loss & glowing skin. Learn more: <http://ow.ly/LkEe3073y7F>

Welcome chefs, Alex Caspero, RD & Andrew Dole, RD into your home -- they offer sound advice & tips to help you eat more FVs + more: <http://ow.ly/Q98wG>

Is it safe to eat canned foods AFTER the "use by" date? Find out from @Fruits_Veggies expert --> <http://ow.ly/PVNd3089ZXb>

Learn the benefits of juicing from @Fruits_Veggies expert --> <http://ow.ly/CVaE308cbTi>

What's a dancer's favorite kind of vegetable? SPIN-ach! Hahaha, get it? #HealthyHumor #FridayFunny #TGIF